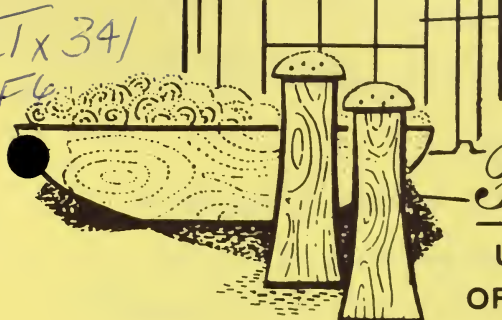


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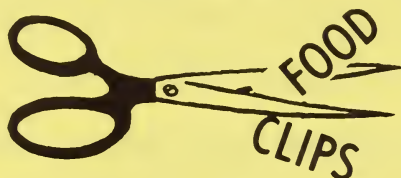
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Food and Home Notes

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Unripe fruits should be left to ripen in open air at room temperature and out of direct sunlight, according to USDA home economists.

* * *

Don't wash those berries and cherries before putting in the refrigerator--wait until you're ready to use them. Leave the stems on cherries and caps on strawberries too...they'll last longer.

* * *

When you pare apples and pears--make parings thin as possible -- don't waste the fruit. (To loosen it for peeling, dip your peach into boiling water for about 45 seconds, then into cold water--it helps!)

* * *

Iodized salt and seafoods are reliable sources of iodine. Regular use of iodized salt is the most practical way to assure enough iodine in your diet.

* * *

Nuts contain less linoleic acid (Linoleic acid is an unsaturated fatty acid) than most vegetable oils; among the nuts, walnuts rate quite high.

COTTON RESEARCH 'n' Treated Fabrics

Cotton fabrics that can be treated with inexpensive chemicals to kill or inhibit the growth of unwanted bacteria may be possible according to current research by U.S. Department of Agriculture scientists. The importance of such a development, according to Dr. Tyrone Vigo at the ARS Southern Regional Lab, would be the potential use of the treated cotton for bandages, hospital gowns, sheets and pillowcases.

To be useful in products other than bandages, however, the treatment would have to last through as many as 50 launderings -- the normal life expectancy of sheets, pillowcases and hospital gowns. At this time, the durability tests last through 20 launderings...and they are promising to achieve even higher durability. Research will continue to perfect germicidal finishes that could also be applied with durable press, fire retardant and other chemical finishes now applied to cotton fabrics.

FOOD SAFETY**— From Store to the Table**

"Consumer Concern" is the name of a pilot project to promote food safety "from the store to the consumer's table". It has been operating in Moline, Illinois under the supervision of the county home economist, Mrs. Lois Mitchell and Geraldine Acker, nutrition specialist as an advisor, according to Dr. Evelyn Spindler of USDA's Extension Service. This project, a joint effort with county extension people and food market personnel, began in December 1973, to recruit volunteers under Extension Service supervision, to operate a booth (in a grocery store) to offer food safety information.

The initial plan for the "Consumer Concern" booth was to set it up for four periods during the year when food-borne illness is of greatest concern; April (before Easter); May (before Memorial Day); July (before canning season) and November (before Thanksgiving and Christmas).

About fifty volunteers were trained for two half-day sessions to work in the booth. A three pronged communication program was developed (1) handouts (re-productions of Extension Service leaflets); (2) a slide show (phonoviewer on "It's Good Food - Keep It Safe") and (3) posters (produced by the county). Television and radio coverage included materials for general distribution and safety material from the Animal Plant and Health Inspection Service and Extension Service, USDA.

The booth was operated on the busiest store days, Wednesday, Thursday and Friday from 10 to 5 p.m. Some of the questions and comments from consumers indicated the importance for volunteers to be able to answer questions on a wide variety of subjects.

An evaluation of this project and the feasibility of this method to reach the consumer was recently presented to the National Extension Conference on Food Safety and Quality Maintenance by Dr. Spindler.

COST OF FOOD AT HOME FOR A WEEK (May)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$28.20	\$35.30	\$42.40
Elderly couple.....	25.00	30.90	37.00
Family of 4 with preschool children.....	39.70	49.50	59.30
Family of 4 with elementary school children.....	48.10	60.30	72.30
Individuals*			
Women			
20-54 years.....	11.40	14.20	17.00
55 years and over.....	10.20	12.60	15.00
Men			
20-54 years.....	14.20	17.90	21.50
55 years and over.....	12.50	15.50	18.60
Children			
1-2 years.....	6.40	7.90	9.40
3-5 years.....	7.70	9.50	11.40
6-8 years.....	10.00	12.50	15.00
9-11 years.....	12.50	15.70	18.80
Girls 12-19 years.....	11.80	14.70	17.50
Boys 12-14 years.....	13.30	16.60	19.90
15-19 years.....	14.70	18.40	22.10

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.

WASTE NOT.

——WANT NOT!

Looking for ways to save money on your food bill? You might want to check the food that is wasted -- that is, over and above what you feed household pets, use in compost piles, or even grind up in the garbage disposal. A two year study of household waste was conducted by University of Arizona archeology researchers. They sampled garbage can contents of randomly selected families in the Tucson area. The average waste was about 9 or 10 percent of a family's total food resources.

"Straight" waste -- significant quantities of food items such as whole, uncooked portions of meat or partial loaves of bread -- made up of 60% of the findings. Scrapings from plates -- unidentifiable remains of cooked dishes -- made up the remainder of the findings.

Projecting the data from sample families to the 450,000 residents in Tucson, Arizona, the researchers estimated that Tucson households discarded about 9,500 tons of edible food yearly valued at about \$10 million. This would feed about 4,000 persons for a year.

Nearly 25 percent of the sampled households have garbage disposals. Liquid foods -- milk, fruit juices, sauces that are poured down a drain rather than put in a garbage can cannot be evaluated. So, it is with the food waste from disposals or drains--it cannot be figured. But just imagine the waste!

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.
